

Full Report (All Nutrients) 45041423, MARKETS OF MEIJER, MULTIGRAIN CIABATTA ROLL SQUARE, UPC: 041250010098

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Report Date: June 12, 2017 07:46 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Meijer, Inc.

Nutrient	Unit	Data points	Std. Error	100.0 g 100g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	280	280
Protein	g	--	--	9.00	9.00
Total lipid (fat)	g	--	--	3.00	3.00
Carbohydrate, by difference	g	--	--	54.00	54.00
Fiber, total dietary	g	--	--	3.0	3.0
Sugars, total	g	--	--	2.00	2.00
Minerals					
Calcium, Ca	mg	--	--	70	70
Iron, Fe	mg	--	--	2.70	2.70
Sodium, Na	mg	--	--	440	440
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES), WATER, GRAIN AND SEED MIX (SUNFLOWER SEEDS, MILLET, SESAME SEEDS, WHEAT, OATS, FLAX SEEDS, WHEAT GERM, ALFALFA SEEDS), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: CRACKED WHEAT, GRILLED SUNFLOWER, CANE SUGAR, SEA SALT, ROASTED PUMPKIN SEEDS, YEAST, MALTED BARLEY. *Date Last Updated by Company:* 11/12/2015